



Chris Hughes Multi Activity Services

Where Adventure Begins



PRE ACTIVITY BRIEFING NOTE

Safety Brief

Your safety is important to us and we would like you to take a few minutes to read the following general safety brief. Please ask if you have any questions and a further activity briefing will be given at the activity site.

Adventurous activities are physical and demanding sports, which contain an element of risk. We have systems in place to manage those risks to make your experience pleasurable and with a low risk of injury. To assist us in this process we would ask you to:

- ✓ Tell us of any medical conditions that may affect you during the activity, especially, asthma, diabetes, epilepsy, any heart problems, muscular, back or joint problems so that we can manage these issues or if necessary advise you not to proceed;
- ✓ Not to undertake any activity against medical advice;
- ✓ Not to participate in activities while under the influence of drugs / alcohol;
- ✓ Not wear rings or dangly jewellery during activities.
- ✓ Bring your personal medication with you. Your instructor can look after any medication whilst on the activities, so please don't leave inhalers etc. behind;
- ✓ Listen to your instructors and follow their instructions. Your instructor will tell you how the session will run and what your responsibilities are. Help each other and point out anything you may think carries an unreasonable risk, we all occasionally miss things;
- ✓ Tell us if you get an injury so that we can treat and record the injury and so that we can review the incident and try to avoid a repetition;
- ✓ Tell your instructor if you wish to opt out of an activity so that it can be managed safely.

Photographs

From time to time we may photograph activities for inclusion in our marketing material and website. If you do not wish to be photographed then please let your instructor know.

Curtailement of Activity / Course

Chris Hughes Multi Activity Services Ltd reserve the right to ask participants to leave the course / activity if they act in any way that may endanger themselves or any other person. No refund will be given in these circumstances

Activity Feedback

Feedback is very important to us, not only the positive feedback but also the negative feedback, in order for us to monitor and improve our activities. We will always do our best to act upon it so please include your contact details on the Customer Care Form, which will be passed to you at the end of the session.